

## BAKER'S COCOA has great food value

THE food value of cocoa has been proven by centuries of use, and dietitians and physicians the world over are enthusiastic in their endorsements of it. It is said to contain more nourishment than beef, in a more readily assimilated form. The choice, however, should be a high-grade cocoa—"Baker's" of course.



It is delicious, too

Trade-mark on every package

Made only by

Walter Baker & Co. Ltd.

Established 1780

REG. U.S. PAT. OFF. DORCHESTER, MASS.

## ADMIRAL FLETCHER IS CALLED HOME

Head of Convoy System Is Reported Deposed for Loss of the Antilles.

Washington, Jan. 5.—Rear Admiral W. B. Fletcher, formerly in charge of the navy's convoy system abroad, has been relieved and ordered home as a direct outgrowth of the torpedoing of the American transport Antilles.

This fact leaked out yesterday, a considerable time after its occurrence, following charges of Representative Britten of Illinois that the Antilles was sunk through navy negligence.

Rear Admiral Fletcher—not the Fletcher of Vera Cruz fame—did not have sufficient convoy at his disposal, it is alleged, but it is a mooted question in navy quarters whether Admiral Sims, chief of European operations, provided sufficient.

At any event, it was held that Fletcher's removal was advisable. No court martial was held, so the incident does not stand officially against his record.

### 50,000 SLACKERS.

That Is the Estimate of Provost Marshal General Crowder.

Washington, Jan. 5.—An estimate of 50,000 real slackers in the United States is made by Provost Marshal General Crowder in his report to Secretary Baker.

The calculation supposes that 10 men in each registration district have escaped without being caught.

While a few more than 250,000 of the more than 3,000,000 registered men failed to report when called for examination, General Crowder estimates that 85,000 of them have gone into military service without notifying local boards.

"This leaves more than 150,000 to be accounted for," says the provost marshal general. "Were they all slackers?"

General Crowder answers his own question by estimating that they probably are not real slackers because 100,000 probably are aliens.

The report shows that 928 Germans of the draft age have been accepted for service in the national army.

## Topics of the Home and Household.

Brown breadcrumbs can be used as a breakfast food and are really palatable.

If a raincoat is beginning to show signs of wear around the bottom, cut the desired length and turn up about half an inch. Moisten the bottom with a wet sponge and press with a very hot iron.

Before putting salt in the salt shakers place your salt in a small pan, near a hot stove or if your stove isn't very hot set your dish on the top shelf of the stove; this will dry your salt and prevent it forming a lump in the shaker.

When it happens that there is a call for quick baking, and the oven is cold, then an extra stove lid is very useful, for by taking one of the covers directly over the fire, and putting it on the top grate of the oven, the pie or biscuit placed on it will insure baking the bottom of the article, while if the drafts are opened, a few kindlings put on the fire will furnish enough heat to cook it on top, long before the oven could have been ready. If there is no extra cover, one from the back of the stove can be used by placing a kettle over the hole.

### Fish Potato Pie.

Line a deep greased dish with well seasoned mashed potatoes to the thickness of one inch. Fill to within one inch of the top with creamed fish, cover with potatoes, brush with melted fat, and bake in a hot oven until brown. Garnish with parsley and lemon.

Two fish days a week instead of one will release much needed food, and your patriotic self-denial need involve no real hardship.

### Are You a Good Cook?

Are you a good cook?

It is probable that most of us have a secret conviction that we are excellent cooks. At least the children always want second and third helpings, and Mrs. Smith is always asking us to bake one of our chocolate cakes for the church fair, or to make something for the bazaar, and John has always wagged that no other man's wife could bake a loaf of bread that could beat one of our loaves.

Oh, yes, we are sure we are good cooks!

But when we analyze it further, what is a really good cook? Is it one who can make palatable dishes, or is it more than that?

A modiste who can make a last year's gown look like an up-to-the-minute creation is cleverer in her art than the one who must always begin with whole cloth. So a really good cook is one who can make a dollar feed the most mouths, who can make a tempting meal out of the leftovers she finds in her refrigerator, and who can use a relishable possibility in a few scraps of meat.

It takes no art, but only practice to make palatable dishes if we buy only the most expensive cuts of meat, use only the top of the milk bottle, have no scruples about adding large lumps of butter that is not being a really good cook. A very mediocre one could set an excellent table under such conditions.

But now, in these critical times, when not a scrap of food must be wasted, and the lives of thousands depend on the housewives of America, this country has the right to expect and does expect every American housewife to be a good cook, with all the ingenuity in using leftovers, all the skill in substituting in part other things for meat, wheat, butter and sugar, and all the art in making a small amount of good go a long way, that the term "good cook" implies.

Dorothy Dexter.

### And Going Up.

The rose is red;

The violets blue;

Sugar is sweet,

And expensive, too.

—New York Tribune.

## REFUSES SLAV PROPOSALS

Germany Will Not Vacate Invaded Lands, Nor Transfer Parley to Stockholm

BOLSHEVIKI FAZE GERMAN DELEGATES

Insist on Evacuation of Invaded Lands Before Peace Parleys Continue

Berlin (via Amsterdam), Jan. 5.—Addressing the Reichstag main committee Thursday, Chancellor Von Hertling said in regard to the Russian rejection of the peace proposals dealing with disposition of the occupied Russian territory:

"We can cheerfully await the further course of this incident. We rely upon our strong position, our loyal intentions and our just rights."

The chancellor announced that Dr. Von Kuehlmann has been instructed to reject the Russian proposal to transfer the peace negotiations to Stockholm.

The chancellor said he greeted with satisfaction the opportunity of the government and the people's representatives of conferring on the weighty and fateful decisions which at the present time were being discussed.

The government would take advantage of this opportunity, the chancellor said, to make communications on the course the peace negotiations so far had taken, and he said he desired to receive suggestions from the representatives of the people.

Count Von Hertling said the foreign secretary, Von Kuehlmann, had on Wednesday, after only a stay of two days in Berlin, returned to Brest Litovsk. He, therefore, to his regret, was unable himself to report on the course of the negotiations with Russia. The under-secretary for foreign affairs, Baron Von Dem Bussche-Haddenhausen, would instead undertake the task.

Baron Von Dem Bussche-Haddenhausen, gave to the main committee the history of events leading to the peace negotiations. He said the armistice negotiations had taken a rapid and smooth course and had reached a general satisfactory conclusion on Dec. 15.

Parallel to the negotiations at Brest Litovsk, the foreign under-secretary said, ran the negotiations at Focsani for an armistice on the southeastern front at which conference Rumania was represented.

The peace negotiations which followed, the baron declared, naturally were very difficult, as they had to be conducted between the coalition on one hand and a single power on the other hand. As to the course of the negotiations the public had been informed to a greater extent than usually was the case. This has made the negotiations more difficult, as the entente powers were "enabled to impede the negotiations by circulating false news."

Baron Von Bussche-Haddenhausen then reviewed the Russian proposals, the German counter proposals and the tasks of the German commission sent to Petrograd to deal with the questions of subjects of the central powers, interned, wounded soldiers and prisoners.

During the debate a member of the Central party expressed approval, on the whole, of the attitude of the German representatives at Brest Litovsk, and said:

"Our aim must be not only to arrive at an understanding with the Bolsheviki government, but to reach a lasting peace with the Russian people and prevent war in future."

The speaker asserted that the constitutional bodies now existing in Poland, Lithuania and Courland, established on valid law, express the will of the peoples of those territories.

During the debate a Socialist member declared it would be in the interest of

## WENT TO CANADA AND FOUND RELIEF

Remarkable Tribute To "Fruit-a-lives" The Great Fruit Medicine.



MISS RHAPSODOCK  
270 Wisconsin St., Kenosha, Wis.  
Jan. 10th, 1916.

"I had Catarrh for thirty-nine years, and I doctored with a great many doctors and took all the patent medicines that I heard of. At last, I went to Canada and saw 'Fruit-a-lives' advertised. I commenced taking them in 1914, and kept right on for a year and my Catarrh was entirely relieved. Thank God for the relief as it is an awful disease to have. The 'Fruit-a-lives' have helped me in other ways, also.

Now, if you want to publish this, you may do so for it is nothing but the truth, and the whole truth."

MATTIE RHAPSODOCK.

Sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid on receipt of price by Fruit-a-lives Limited, Ogdensburg, New York.

the empire to recognize the principle of the right of peoples to self-determination.

"Political life in the occupied territories is obstructed by military pressure, which must be removed," he said. "The negotiations in the east must be conducted to a satisfactory end. This is the will of the German people and of the German nation itself."

### AN ICE BLOCKADE

Holds Back from New York Its Greatly Needed Coal.

New York, Jan. 5.—The ice blockade in New York harbor and adjacent waters, combined with another day of zero weather, yesterday caused concern to the fuel administrators and transportation officials, who have been trying to relieve the metropolis from its alarming shortage of coal. Barges with thousands of tons of coal on board virtually were icebound in the bay.

The Hudson river is frozen down to 200th street and the Harlem river to 14th street. For the first time in years, Long Island sound has been frozen over and hundreds of persons skated from New Rochelle to Execution light.

As hundreds of families, unable to get coal, are using oil, an oil famine is now feared.

### REMINDER OF LA FOLLETTE.

"Loyalist" Candidate in Wisconsin Telegraphs Senator of His Success.

Milwaukee, Wis., Jan. 5.—Louis A. Fons, "loyalist" candidate, who defeated E. T. Meins, Socialist, for state senator from the eighth district in Wednesday's special election, telegraphed Senator La Follette Thursday as follows:

"I have repudiated you and condemned your un-American attitude and the people of the eighth district endorse my action. I congratulate the American citizens of the district."

Fons received 4,169 votes and Meins 3,932.

## PHIL

By MILDRED WHITE.

(Copyright, 1917, Western Newspaper Union.)

The storm was coming. James Burrows let out the speed of his red car, hoping to reach the village five miles below before the rain should descend. The sky grew darker as thunder rolled about the encircling hills.

To the city lawyer the rough winding roads seemed almost impassable, impatiently he decided to seek shelter at a farmhouse not far distant, than hesitated undecidedly, as the sun gleamed for a moment in promise. As he slowed down near the gateway, a bent old man peered up at him.

"Good morning, uncle," the lawyer greeted, but the old man did not return his smile.

"Bad evening, mister," he replied, "going to have one of our blowups. Better stop, hadn't ye an' wait inside?"

"Thanks," Burrows responded, "I think I can reach the village before the storm breaks, and have supper there."

The old man shook his head. "Don't believe it," he said, "we're alone here, Phil an' me, but I reckon Phil could pick up something for you to eat."

Turning, he cupped his hands and called to a blue-overalled figure hoeing in the distance.

"Phil," he screamed, "Phil." The lad bending over his work apparently did not hear.

"Never mind," Burrows said, "I'll take a chance and ride on."

"Wonder—" the old man asked, "if you could carry me along to the next house down there? See it?—the red one?"

"Certainly," the lawyer agreed, and the former seated himself in the car with evident pride.

When Burrows had disposed of his companion, the storm descended unexpectedly. Great sheets of rain swept against him, the wind threatened to blow his small car from its course, lightning flashed whiplike around the hilltops. Swiftly he turned about, with difficulty, making his way back to the old man's house. Uninvited he sheltered his car in the great white barn, and dashed breathlessly up the steps of the porch.

"Phil" was there before him, evidently the youth also had rushed to safety. His fresh face shone startled beneath the brim of his old felt hat at the stranger's approach, but he went on stoically scraping the mud from the soles of his rubber boots.

"An old man—your father I suppose—" the lawyer said, "suggested that I wait here until the storm has abated." Burrows smiled. "He also intimated that you might 'pick up' something for me to eat, I'm furiously hungry."

The boy lounged in the doorway. "That was grandad," he answered lamely. His eyes studied the stranger.

"Perhaps, I could find something," he said suddenly, and disappeared in the house. His heavy boots tracked the clean scrubbed floor, as the lawyer followed him inside, the rain-soaked old hat still rested upon Phil's head, as he deftly placed tempting food upon the table.

"Sit down," he said at last abruptly, and himself dropped into a wide armed chair at the opposite end of the wood-paneled room.

"You and your grandfather live alone?" Burrows asked incredulously, as he buttered a flaky biscuit, "then who makes these?"

"Me," the youth answered, his tone was sullen. "Cooking, farming, everything—I do it all, but I won't mention Grandad's going to be married again—" a sneer curled the red lips—"that's where he's visiting now."

"And then?" the lawyer asked interested, "What are you going to do?"

Phil shook his head despondently. "Don't know," he replied. "Never had a chance to prepare for anything, had a fight with grandad every day I went to school, but I did it work mornings and evenings, and I made it. Now," the young voice broke discouragingly, "he don't need me any more."

Sudden unaccountable sympathy flamed in the lawyer's breast.

"Phil," he said, "if you will come with me tomorrow, I'll give you a start in the world. Help is scarce at this time, I need you in my office."

Crimson spots glowed in the lad's round cheeks, quickly he rose to his feet. "You mean," he said, "that you'd take me there to the city, that you'd help me to live?"

The lawyer nodded silently. Then with sudden passionate motion the lad buried his face in his arms, his shoulders shaking with sudden sobs.

"I can't go," he cried and snatched the felt hat from his head. About the round childish face, fell a mass of golden hair, angrily Phil caught the hair and drew it like a cloak about her. "You see," she said, "I—I am his granddaughter, Philippa. The overalls and boots were but my farming costume. I allowed you to think what you believed."

Tragic disappointment lingered in her eyes. The lawyer stood staring as though he too, saw a vision.

"Philippa," he said slowly, "I've a mother back there in the city, who needs a companion like you, someone to teach—to love, to care for. When she comes for you, will you be ready to go back with her?"

And Philippa said she would.

His Specialty.

"If you are worried about your insomnia, pick a quarrel with that amateur prizefighter."

"Why?"

"He can put you to sleep."

Is Expecting Bunk.

A year from now Vermont will have a new legislature doing business at Montpelier and it does not take a seventh son of a seventh son to foresee that impassioned orators will be proclaiming that if Vermont is going to prove loyal to the nation it must give its sanction to the national prohibition amendment. The usual amount of "bunk" both ways is to be expected.—St. Albans Messenger.

## Winter's Terrors Overcome



The healthy person enjoys cold weather. It is only when the circulation is poor, when the blood is thin and the system under its proper condition, that cold weather has any terror. Invigorate the body by restoring the circulation, throwing out the waste, and overcoming the stagnation of catarrh, and you will enjoy crisp weather.

## Peruna Is Invigoration

It relieves the system of the handicap of inefficient digestion and hampered breathing by restoring the mucous surfaces that are used in these functions. It gives tone to the digestion, and it clears away all catarrhal inflammation. It builds up the strength by enabling the organs concerned to do their work properly. Its use in convalescence and in all weakened conditions is wonderfully helpful.

Liquid or tablet form—which ever is the more convenient.

Manalin Tablets for the liver and bowels are a great help to good health. Pleasant, mild and effective. The lazy liver is aroused and you feel better at once. 10 and 25c.

Your druggist has these two preparations in tablet or liquid form.

The Peruna Company, Columbus, Ohio



### OUR PROBLEM.

By Dr. Ray Lyman Wilbur, President Stanford University.

It is surprising how few of our Americans have grasped the significance of the fact that in Australia, a country that has contributed materially to this war, there is, as the result of at least two harvests, piled up a very large quantity of cheap and practically government-owned wheat, much of it in the open air, where it cannot be adequately protected from various kinds of damage. Yet we have had an unprecedented call upon our wheat supply in this country and in prices, due to the fact that the European nations absolutely required wheat for the sustenance of their people. The answer to this apparent anomaly is that it takes three times as long for a ship to go to Australia for food as it does to go to Canada or the United States, and the world has not the shipping available for the long hauls because of the submarine menace and the exigencies of war.

Oil and other food stocks are also piled upon the Asiatic and African coasts awaiting shipment, while we are using food fats in our soap because we cannot get at these stores.

The most pressing problem before the United States and the nations engaged with it in the war against the Hohenzollern dynasty, is to supply food and ships and thus defeat the German submarine attack upon the left flank of the western front.

The western front simply must be maintained and must eventually be pushed forward by Americans, or there will be no final conclusion to the great catastrophe.

Many of our people do not seem to realize that we have entered into the great struggle of autocracy versus democracy, and that President Wilson has said that we cannot conclude a peace with any but a constituted representative of the German people. That means that we must defeat, and absolutely defeat, the most powerful war lord in all history, who has at his command the most wonderful war machine that has ever been devised. We cannot defeat him with a pounding of drums or waving of flags or with any form of national hysteria. We can only do it by concerted action in food saving, shipbuilding, munitions making, and soldier training. The sooner we settle down to this terrible task the sooner it will be over. Every day that we delay in our grasp of our responsibilities means the loss of so many hundred or so many thousand of our own boys, who will have to go to the trenches for that much longer period of time. If we can resolutely and successfully meet this problem in the next 12 months, it is probable that we can by that time see what its conclusion is likely to be.

At the present time no man can say what will be the outcome. Germany now occupies the position of a victor. We dare not let her remain so. Every ounce of energy that we can put into the fight we must use, whether it be in the production of food, in the suppression of German propaganda, in the building of airships, in sustaining our embargo or in carrying on our productive forms of industrial and agricultural life in the best way possible. Until we begin as a people to individually take a personal interest in every phase of this war, and until the most interesting thing to every American when he rises in the morning is what happened on the western front the day before, we are not only in danger, but in grim and serious danger, that autocratic forms of government will replace those in which we now take such pride and satisfaction.

### Building Ships.

Within a few days the Emergency Fleet corporation inaugurated at Newark its great program, which, when it gets fully under way, is "to revolutionize shipbuilding throughout the world." The phrase would be grandiloquent if it had not so many facts to back it up. That first rivet was not only a nail in the coffin of Prussianism, it was a beginning of a new commercial structure.

But with all the raw steel and all the

machinery at the government's disposal, the program cannot be carried out unless the human factor is present. This week marks the opening in Richmond high school, Staten Island, of a school for training shipbuilders. The state department of education and the Merchants' association are working together to make the courses a success and to correlate the work of the school with the nation's industries.

On Staten Island alone 6,000 men are now employed in shipbuilding and as many more will be needed within the year. Thousands more will be employed in the New Jersey establishments already referred to and elsewhere in the vicinity, to say nothing of the distribution of plants all over the country. The training of men to work in these plants is comparable to the drilling of soldiers and officers in the great army schools.

A bulletin issued by the Merchants' association contains the following account of the subjects covered:

"Courses will be given for riveters, mould loftsmen and shipfitters. These courses are intended to supply the shipbuilding contracts with the labor which they must have if they are to fulfill their contracts with the government. Owing to the great demand for these workers at this time, there is a scarcity throughout the country and any student who completes one of these courses is certain of immediate employment at good wages for several years to come."

The shipping board is planning to recruit and train an industrial army of some 400,000 workers in this one field. Schools will soon be opened in Manhattan and Brooklyn. Employers in this industry are asked to advise such effective workers as they can possibly spare to enter the training courses. The centre of information is the state education department, 49 Lafayette street, New York.—New York Evening Sun.

To Have Beautiful Hair Use

NEWBRO'S HERPICIDE

No woman can afford to be indifferent to the appearance of her hair. A mass of nice snappy hair, becomingly dressed, will add more in genuine looks than a pretty face, or an expensive gown. Don't allow the scalp to become clogged with dirt and dandruff. Don't allow dandruff to destroy your hair. If your hair is uneven, dead, dull and brittle and comes out by the handful every time you draw a comb through it, dandruff is the cause. To rid your scalp of the dandruff and check the loss of hair should be your first anxiety. NEWBRO'S HERPICIDE will do this and at the same time put the hair and scalp in a sanitary condition. HERPICIDE appeals to those of greatest refinement on account of its exquisite odor, its purity and cleanliness. It contains no grease and does not stain or dye. There is nothing more dependable than this remarkable scalp prophylactic. The hair resists dandruff to a regular and intelligent use of NEWBRO'S HERPICIDE.

Try it and see. Send 10 cents today to THE HERPICIDE CO., Dept. S, Detroit, Mich., for a sample bottle and a booklet telling all about the hair.

For sale everywhere in 50c and \$1.00 sizes. Guaranteed by The Herpicide Company.

Applications at the better Barber Shops and Hair Dressing Parlors.

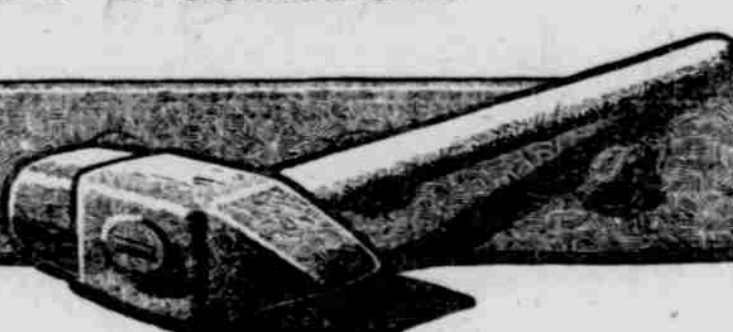
Facts, like rivets, hammered home hold fast.

When the body loses efficiency, it is time to remember that coffee drinking does hurt many.

Then is the time to change to the delicious cereal drink—

# POSTUM

"There's a Reason"



## Special To-day

50c Cream Caramels, 39c

35c for your old

### Hot Water Bottle

in exchange for a new one selling at

\$1.50—\$2.50

Russell's, The Red Cross Pharmacy